

# CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

April 15, 2002

## NEWS BRIEFS

### SPRING CLEANING

The Cabinet for Health Services will be having a Spring Cleaning week April 22- 26. There will be a surplus pickup on April 25. All employees are being asked to clean their work area and notify their property monitor of any items they wish to surplus.

### CHOCOLATE FOR HEALTH

The Office of Women's Physical and Mental Health celebrated "Chocolate for Health Day" on April 11th. The event was intended to raise awareness about the office and announce May being proclaimed as Women's Health Awareness month in Kentucky. A kick-off ceremony will be held May 1st at 10 a.m. in the Capitol Rotunda. Bonnie Thornton of CFC was the lucky winner of a free box of Rebecca Ruth Candy.



### TIP OF THE WEEK

Are you interested in raising your **HDL** (good cholesterol) level? The most effective way to specifically *raise* HDL cholesterol is through exercising regularly. Aim for 30+ minutes of aerobic-type activity at least *six* days per week.

## Western State Hospital Offers Wellness Programs For Staff

By: **Tony Winfield**, WSH Community Services Coordinator  
(Second part of a series)

In addition to fitness education for patients, Western State Hospital also has an Employee Wellness Program. It was initiated as the result of suggestions and as part of the hospital's strategic plan to assist employees with fitness programs and provide information that may lead to a healthier and more productive staff member.

The Wellness Program team began work in August 2001 with Joe Stone, Director of Therapeutic Recreation, as team leader. The group has been very active creating programs and opportunities for all staff, emphasizing the four dimensions of a healthy balanced lifestyle - physical, mental, social/emotional, and spiritual.

Among the most popular offerings is the Western Striders Walking Club, with 34 staff members participating. This program provides members the opportunity to keep track of their miles walked and earn certificates and a t-shirt for various levels. The membership fee is \$6.

Those who do not choose to join the club can still participate and log their miles. Miles can be counted for walking at work (during breaks or at lunch), home, health club, treadmill and so forth. Employees are also using the WSH Fitness Center and Gym on a regular basis with 200 staff members signed up and issued pin numbers for entrance.

The Wellness Program has also sponsored and organized several sports clinics on golf and tennis, conducted an in-service on dieting, participated in the hospital Health Fair, sponsored a book discussion club, organized several community outings and supported the WSH co-ed softball team.

"We are always looking to organize or sponsor a program, workshop or in-service that is of interest to staff. Any ideas and suggestions are always welcome," Stone said.

The program also sponsored a "Strive for Five" weight loss plan for the month of March, in conjunction with National Nutrition Month. Staff was urged to weigh at the beginning of the month and lose five pounds by the end of the month. Those who lose five or more pounds were eligible for gift certificates donated by local merchants.

For more information, contact Joe Stone at (270) 886-4431 ext. 348.



Karen Kenady (left) and Vickie Chewning (right) are members of the Western Striders Walking Club.

*"...promoting and safeguarding the health and wellness of all Kentuckians."*

## National Medical Laboratory Week, April 14-20

The week of April 14 - 20 is National Medical Laboratory Week. A week is set aside yearly to recognize and honor the vital contribution to health that is made by medical laboratory professionals everywhere.

The theme for 2002 is "Finding the Cause - Leading to the Cure." The Cabinet for Health Services has such a laboratory within the Department for Public Health. It is the Division of Laboratory Services. Its 64 employees range from microbiologists, chemists, laboratory technicians, assistants, aides, and clerical and administrative support personnel.

Requests for technical assistance come from all areas of the state. The division works in cooperation with the Department's various health programs dealing with communicable and chronic diseases, environmental protection, food, milk and water sanitation, mental health, newborn screening for metabolic imbalance, prenatal and family planning, and rabies control. The division is also an important link in Homeland Security through activities toward bioterrorism preparedness.



## CHS, CFC Ombudsman's Office Work Together

The Cabinet for Health Services and Cabinet for Families and Children Ombudsmen are working in partnership to orient the Department for Community Based Services (DCBS) of the duties and responsibilities of the ombudsman.

The team of Ombudsmen and staff plan to offer each of the 16 DCBS regions a short, in-house presentation on each ombudsman organization, goals and objectives.

The first meeting was held in the Barren River Service Region in December 2001. The Service Region Administrators, local area staff and community organizations were invited to learn more about how both ombudsmen function and interact with the Department for Community Based Services.

The CHS Ombudsman, Brenda Johnson, along with specialists Diane Lewis, Kathy Peale, and Tom Young, will be making orientations to the Departments for Medicaid, Mental Health/Mental Retardation and Public Health services staff. The purpose will be to improve service to citizens.

In addition, the CHS Ombudsman will be providing orientations to Health Services consumer advisory groups, councils and committees, community based organizations and other public agencies.

If you would like more information on the CHS Ombudsman visit the web site at: <http://chs.state.ky.us/ombudsman/> (The CHS Ombudsman serves as an information and communications resource and an advisor and dispute resolution office for departments and offices within the cabinet. The Ombudsman cannot change or set policy.)

## Local Health Departments Provide Flood Information

Employees of local health department environmental offices responded to recent flooding by providing information on flooding hazards, re-entry guidelines to flooded dwellings, food safety recommendations and other guidelines to protect the health and safety of citizens.

Staff from the Environmental Management Branch and Food Safety Branch in the Division of Public Health Protection & Safety assembled 2,500 drinking water well sampling kits and rapidly distributed them to 20 local health departments in Eastern, Central and Northern Kentucky. The state lab was used to put the kits together.

Guy Delius, assistant director in the division, thanked employees for their assistance and the lab for its cooperation.



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